

## SPORT SCIENCE

'Study of the science behind our mental and physical performance in sport'

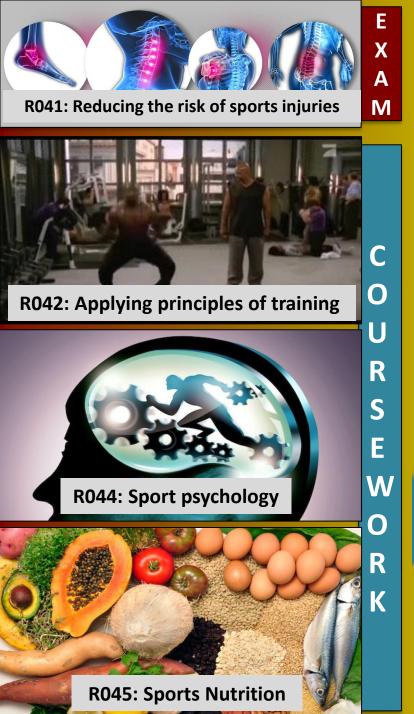




### Who is Sport Science for?

'Anyone who brings their PE kit, works hard, is passionate about sport and most importantly wants to achieve above and beyond!





# What will you learn? UNITS Each worth25%

#### ASSESSMENT

#### **GRADES**

On completion of the course you will get a qualification grade of:

- PASS
- MERIT
- DISTINCTION
- DISTINCTION\*

**YEARS** 

Hard working pupils will be awarded with extra PE sessions!

**DELIVERY** 

**Practical** 

CONTENT

Academic

Written tasks

Fitness tests

Training programme

Presentations

Role plays

Evaluating and improving





## EXPECTATIONS

RESPECT - COMMITMENT - MEET DEADLINES





